



Certificate in Psychedelic-Assisted Therapies (CPAT)

Course Details

Introduction

The Certificate in Psychedelic-Assisted Therapies (CPAT) has been developed primarily to meet the anticipated demand for trained therapists to provide regulatory-approved and research-backed psychedelic-assisted therapies for the treatment of mental ill-health in Australia. It is also expected that trained clinicians will be needed to work in research trials as they expand in the Australia.

It follows the model of the world-leading course developed by the California Institute of Integral Studies (CIIS) (Phelps, 2017) in collaboration with the Multidisciplinary Association for Psychedelic Studies (MAPS), modified to suit the population and needs of an Australian and Asia-Pacific population. The program broadly follows the main topic areas and format of these two programs, with a strong overlap in course materials, teachers/presenters and methods of teaching.

Goals and overall philosophy

- To train therapists for the future. Psychedelic substances are still illegal in Australia. However, with the Federal Drug Administration (FDA) in the USA granting breakthrough-therapy status to MDMA and psilocybin for the treatment of Post-traumatic Stress Disorder and Depression, it is likely that the law will change in the next few years. We need to be ready for the application of these new approaches.
- To help with the mental health crisis. The number of people suffering is growing, and this is being accelerated by crises such as the recent bush fires in Australia and the worldwide covid-19 pandemic.
- Many people are already accessing these substances illegally or legally overseas, many of them in an attempt to find help with mental health difficulties. They are frequently left with inadequate support and opportunity to integrate and sustain any gains they may have experienced, or to deal with the aftermath of any difficult experiences. There is a need for more professionals available to do this work.
- To provide training, support, education and networking for those professionals already involved
- To help establish standards for safe and ethical practice in the field
- To bring together medical approaches, good psychotherapy standards, and transpersonal aspects (recognised as a key factor in promoting long-term benefit)

- To further knowledge and interest in the change and healing process, and contribute to the growing body of knowledge and expertise in the field
- To contribute to change of attitude and support changes to the law

How the course was developed

Mind Medicine Australia has devised a course based on the CIIS curriculum, as far as possible, within the Australian context (Phelps, 2017). This has incorporated teaching material that is used in programs at the forefront of the psychedelic world – MAPS, USONA, and others.

Mind Medicine Australia appointed a Manager of course development, Renee Harvey, with extensive experience in the UK as a Clinical Psychologist, to work full time in devising this course, together with the support of a Steering Committee. Renee built her knowledge and skill in the field of psychedelic medicine and therapy through training and participating in the psychedelic research program at Imperial College, London.

The development of the MMA program has relied on significant collaboration with colleagues with considerable skill and knowledge. The teaching program incorporates live face-to-face lectures and webcasts, and direct teaching of skills and experiential workshops led by this team. For more details of members of the Steering Committee and teaching team please see below.

While incorporating the best of components from courses overseas, the Certificate in Psychedelic-Assisted Therapies is also offered in the spirit of respect and acknowledgement of the local context within Australia. The 2021 program is the very first course of its kind in the Southern Hemisphere.

Mind Medicine Australia has listened to feedback from people keen to participate and has developed the course length and requirements to be accessible to people who are travelling from all over Australia and beyond. We also understand the need to make the course as widely available as possible to working therapists, who have time and financial pressures shaping their capacity to meet the demands of the course.

The original courses require practical elements – participation in research programs, etc., which are not yet as widely available in Australia as overseas. Mind Medicine Australia has nonetheless been committed to maintaining the highest quality possible, and so the course presents academic, didactic and skills development components in a similar hybrid model of online, live and self-study components as the CIIS course. We expect that as the course grows and graduates establish themselves and more opportunities will arise, including the possibility of incorporating learning by placements, shadowing, etc.

*subject to regulatory requirements

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We also offer a Psychological Support Service currently, part of which enables clinicians working in the field to access supervision and on-going professional development – more details below.

We are also aware that there is a very long history of traditional use of these substances (as well as others not as well known) and practices for various healing and spiritual growth purposes in every continent in the world. Teaching about this history is part of the course. Incorporating input from traditional practitioners from various sources is an ambition we hold with high value for the future as reality permits.

For now, our focus is to start with training therapists primarily focussed on meeting the needs of the mental health crisis, working within research programs and a medically supported environment, and providing integrative and other therapeutic work with the users of these substances.

The course will provide you with skills to:

- Participate in research studies as a guide working with other team members
- Provide skills for joint provision of psychedelic-assisted therapies under the Special Access Scheme or Expanded Access Scheme
- Provide you with skills for psychological therapy with people who have experienced psychedelics in other settings and who want integration work and/or on-going therapy
- Provide skills for an anticipated future when psychedelic medicines become legally available for use in appropriate settings (not for current illegal use)

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Course structure and contents

The course will take place over a period of 4 months, with:

- 90 hours of live or webinar-based tuition, and practical instruction.
- Additional reading and self-study expected of participants.
- Pre-course reading schedule
- Intensives:
 - **A weekend in Melbourne** (Friday night to Sunday afternoon) to consolidate the basic learning and help relate this to your own practice.
 - **A weekend of Holotropic Breathwork** (Friday night to Sunday afternoon, providing the potential opportunity to experience an altered state without psychedelics, to care for someone else and to experience being taken care of.
 - **One full week Intensive**, (Sunday afternoon to Friday afternoon) with primary focus on practical learning and consolidating of therapeutic skills, working with videos of real sessions, role play, feedback on skills learning and further development guidance
- Interim weeks:
 - Reading and self-study weeks
 - Webinar/ lectures: Pre-reading, three hours plus discussion (4 sessions)
- Final evaluations – a written task, plus evaluation of performance throughout the course.
- Supervised practice following the course*

Contents: (Based on Phelps, 2017)

- Psychedelic research: overview of history and current status
- Psychedelic medicines: neuropharmacology and actions
- The application of psychedelic substances in the treatment of mental illness
- Conducting psychedelic therapy sessions: Set, setting, preparation, dosing, integration
- Therapeutic relationship dynamics, including boundaries and ethics.
- Working with risk and challenging experiences
- Observation of psychedelic sessions, video and live role-play exercises
- Therapeutic models and their applications in psychedelic-assisted therapies as well as on-going supportive integration work
- Complementary therapeutic techniques
- Working within different team settings and configurations
- Working with spiritual/mystical/transpersonal experiences

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Who the course is for – eligibility requirements

The Certificate in Psychedelic-Assisted Therapies course aims to build on skills already acquired and used by professionals working in various therapeutic contexts. Applicants must have as a minimum a Bachelor level degree in a field relevant to mental health, **plus** at least 3 years of documented supervised practice in a mental health field.

On this basis, people with the following qualifications may apply:

- Counselling and Clinical Psychologists
- Psychiatrist and Medical Practitioners
- Occupational Therapists
- Social Workers
- Mental Health Nurses
- Registered Psychotherapists and Counsellors

Acceptance onto the course will rest on three main factors: Basic qualification, documented supervision (as above), and an interview selection process.

Fees and Payment

Application fee: \$150 (non-refundable)

Course fee: \$7500 (or \$7000 upfront payment in full)

Payment Structure:

\$7000 upfront payment in full

Or

1. \$2500 initial payment – due with the submission of your application
2. \$2500 second instalment payment - due 15 July 2020
3. \$2500 third and final instalment payment - due 1 September 2020

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Payment Method:

1. Payment can be made **online** securely via Paypal on the CPAT website
2. Or payment can be made via **direct deposit**:
 - i. Account Name: MMA CPAP
 - ii. BSB: 063-010
 - iii. Account #: 1444 0284

Cost of the course includes:

- World-class program, developed in conjunction with leading international program
- First in Australia and the Asia-Pacific region
- Taught by international leaders and top Australian experts
- 90 hours of live face-to-face and webinar teaching
- Additional reading and teaching material supporting tuition
- Three intensives
 - one non-residential weekend in Melbourne
 - one residential weekend, accommodation and meals included
 - one-week residential, accommodation and meals included
- Holotropic Breathwork workshop (during residential weekend): cost of Grof-trained therapist included
- Residential week provides direct, personalised skill development and practical exercises, assessment and risk management skills.
- Supervised practice/mentoring as required by the course*
- Monitoring of skill development through on-going evaluation and coursework
- Therapists learn skills for working in different settings: research programs, individual psychedelic therapeutic interventions within medical settings for a range of mental illness conditions, and the provision of psychological therapy and integration work outside of these settings.

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Application process

Step 1: Complete the Application Form

Upload this form and all supporting documents to: cpat.mindmedicineaustralia.org
Alternatively, you may post your documents to: Mind Medicine Australia, Level 1, 10 Dorcas Street, South Melbourne VIC 3205.

Step 2: Send your \$150 application processing fee and your FULL payment or first part payment to: Mind Medicine Australia via PayPal or Credit Card Payment.

Step 3: Applications will be screened, and if successful invited to an interview in July.

Step 4: Final decision, and invitation to join the course. If your application is unsuccessful your payments will be returned in full, except for the \$150 processing fee.

Scholarships

There are a limited number of partial and full scholarships provided to applicants who demonstrate financial hardship. Please see the application form for more information and requirements.

Reference: Phelps, J. (2017). Developing Guidelines and Competencies for the Training of Psychedelic Therapists. *Journal of Humanistic Psychology*, 1-38. DOI: 10.1177/0022167817711304

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Steering Committee, Course Developers and Advisors

Professor David Castle

MBChB, MSc, MD, DLSHTM, GCUT, FRCPsych, FRANZCP



David Castle is Chair of Psychiatry at St Vincent's Health and The University of Melbourne. He has wide clinical and research interests, encompassing schizophrenia and related disorders, bipolar disorder, OCD spectrum disorders and disorders of body image.

He has a longstanding interest in the impact of licit and illicit substances on the brain and body and is actively engaged in programmes addressing the physical health of the mentally ill and the mental health of the physically ill. He has published widely in the scientific literature and is a frequent speaker at scientific meetings. His broader interests include music, literature, theatre and art.

Prof Greg Murray

PH. D, FAPS, BA (HONS), BSC, MPSYCH



Professor Greg Murray, PhD is an Australian academic clinical psychologist. He is Director of Swinburne University's Centre for Mental Health, a Fellow of the Australian Psychological Society, and patron of Bipolar Life. He has a national and international reputation for mental health research, being ranked in the top 1% of researchers worldwide in the fields of bipolar disorders, circadian rhythms, personality and affect.

Greg has won multiple individual awards for research and teaching, and delivered professional development workshops for hundreds of psychologists and psychiatrists across Australia and overseas.

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Sean O'Carroll

BA (Hons), AdvDip GradCert AdvCert (Counselling), MA



Sean O'Carroll is a psychotherapist in private practice in Melbourne, Australia. He has a background in philosophy, transpersonal psychology, and a number of psychotherapeutic modalities including relational gestalt therapy and creative arts therapy. He has been teaching and training psychotherapists since 2011, and is the director of *Wild Mind*. His MA research thesis (2014 – 2017) involved a phenomenological exploration into the experience of being alone with nature, and in 2018 he developed and delivered Australia's first tertiary level course in eco-psychotherapy to training therapists.

Sean's work under the banner of *Wild Mind* employs non-ordinary states of consciousness to support health and wholeness. This work is grounded in various state-change technologies including dance/movement, nature-based practices and a variety of other psychotherapeutic processes. Sean does not facilitate psychedelic journeys for legal reasons, but works closely with members of the Melbourne medicine community in a psychotherapeutic capacity, supporting the exploration and integration of psychedelic experiences.

Dr Alana Roy

Ph. D Psychology, B. A Social Work (MHSW)



Dr Alana Roy is a psychologist, social worker and therapist and has spent the last 13 years working in mental health, suicide prevention, trauma, sexual abuse and family violence and the disability sector. She is dedicated to psychedelic assisted psychotherapy and plant medicines. She has engaged with, and provides integration therapeutic support services, for communities across Australia. Alana works at several universities as a Research Fellow and supervisor of students on placement.

Alana passionately advocates for public policy, community education and legislative changes so that these treatments are regulated and supported by a strong, connected and skilled sector. Alana utilizes a range of therapies such as emotion-focused therapy, Eye Movement Desensitization and Reprocessing (EMDR), cognitive-behavioural therapy, neuro linguistic programming, acceptance and commitment therapy and mindfulness and meditation approaches. In Alana's spare time she is kept busy by her young sons, her love of travelling the world, and connecting with the diverse and creative medicine community.

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Renee Harvey

Manager of the Psychedelic Therapy Development Program



Renee has had a long career as a Consultant Clinical Psychologist in the NHS in the UK. More recently she was an Honorary Research Fellow at Imperial College London in the study of psilocybin for treatment resistant depression. She has been responsible for leading in service development for people with complex emotional needs across Sussex (UK), establishing three specialist services, including staff appointments, training and supervision, and in clinical delivery in these services.

She established various training courses and treatment programmes during this time, and regularly delivered lectures and courses at various levels. Renee specialised in training clinicians in skills for working with individuals with complex needs across the UK as well as internationally, including Europe, and Japan. Renee was also a key member of developing psychedelic interest groups in Brighton, and in establishing and running a psychedelic Integration Circle in Brighton UK.

On-going support for Therapists and clients

[View Psychological Services](#)

Mind Medicine Australia has developed a safe and professional psychological service for those who want support regarding psychedelics, plant medicines, and their emotional health and wellbeing.

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Terms and Conditions

By submitting an enrolment application for the Certificate in Psychedelic-Assisted Therapies (CPAT), you acknowledge that you have read and accepted these Terms and Conditions.

1. Enrolment

- 1.1 A non-refundable processing fee of \$150 is required for your application to proceed further.
- 1.2 You will be required to sign a Student Code of Conduct. This is required for both the Introductory Workshop on Psychedelic-Assisted Therapies and the Certificate in Psychedelic-Assisted Therapies programs.
- 1.3 All information contained in your application and interview process is assumed to be correct and true to the best of your knowledge. In the event that any information is discovered to be false, your right to attend the course may be forfeited.

2 Fees

- 2.1 Prices are inclusive of GST
- 2.2 There is an Application fee of \$150 (non-refundable)
- 2.3 The Course fee is \$7500 (or \$7000 upfront payment in full)

Payment Structure:

- 2.4 \$7000 upfront payment in full

Or

- 2.5 \$7500 paid in instalments
 - 2.5.1 \$2500 initial payment - due with the submission of your application
 - 2.5.2 \$2500 second instalment payment - due 15 July 2020
 - 2.5.3 \$2500 third and final instalment payment - due 1 September 2020
- 2.6 If your application does not progress further than the interview stage, then your course fee will be refunded.

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2.7 On acceptance to the course, you will be required to pay the remainder of the full course fee as per the dates above.

Cancellation Fees:

- Before 15 October 2020 - 50% refund
- Before 30 November 2020 - 25% refund
- After 1 December 2020 - no refund

2.8 Should you fail to make any payment by the agreed dates, Mind Medicine Australia will retain the right to cancel your enrolment without refund.

2.9 The course fee is derived from the following factors:

- 90 hours of live face-to-face and webinar teaching
- Additional reading and teaching material supporting tuition
- Three intensives
 - one non-residential weekend in Melbourne
 - one residential weekend, accommodation and meals included
 - one-week residential, accommodation and meals included
- Holotropic Breathwork workshop (during residential weekend): cost of Grof-trained therapist included
- Residential week provides direct, personalised skill development and practical exercises, assessment and risk management skills.
- Supervised practice/mentoring as required by the course*
- Monitoring of skill development through ongoing evaluation and coursework

3. Changes to the program

3.1. Mind Medicine Australia reserves the right to make changes to the program with regard to teachers, content, dates and venues should unforeseen circumstances make this necessary. Mind Medicine Australia agrees to make every effort to maintain the overall standard and integrity of the program.

3.2. Mind Medicine Australia is not liable to refund the costs of the program or make any compensation in the event of force majeure, excluding travel restrictions or limitations due to the COVID-19 crisis.

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4. Student Code of Conduct

4.1 You are required to sign and submit the Student Code of Conduct and agree to these Terms & Conditions.

5. Attendance

5.1 You agree that you will make every effort to attend all lectures/webinars, to carry out any required set tasks and/or projects.

5.2 You agree that attendance of the three intensives is essential to this program and not negotiable. Failure to attend will result in non-compliance with essential program elements being recorded.

5.3 You agree that attendance at these events will be at your own risk, and that Mind Medicine Australia or any staff or teachers will not be liable in the event of accident or injury.

5.4 If you fail to attend and complete required tasks and/or projects you will be asked to leave the program without compensation or reimbursement.

6. Confidentiality

6.1 You agree that you will keep confidential any patient or client-sensitive material which may be part of discussions, demonstrations or teaching materials presented by anyone attending the program as well as program leaders and teachers.

6.2 You agree that any personal information of fellow participants arising during the program will similarly be treated as confidential.

7. Ownership and intellectual property rights

7.1 All CPAT materials, whether provided online or during face-to-face intensives, are owned by Mind Medicine Australia. All intellectual property rights in all materials available from Mind Medicine Australia, including the design, graphics and text of all printed materials and the audio of all webinars and podcasts, are owned by Mind Medicine Australia. The exception is any printed or audio material not created by Mind Medicine Australia or not produced specifically as part of the program.

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- 7.2 When you are given access to the CPAT, you are granted a non-exclusive, non-transferable and revocable licence to use the materials. No CPAT content may be copied, reproduced, uploaded, posted, displayed or linked to in any way, in whole or in part, without the Mind Medicine Australia's prior permission. Any such use is strictly prohibited and will constitute an infringement of Mind Medicine Australia's intellectual property rights.
- 7.3 You agree that attending any webinars will be only for yourself, and that you will not permit any person not registered to sit in on the sessions.
- 7.4 You agree that no part of any live or web-based event in the program will be recorded or transmitted by you in any way.

8. Breaches

- 8.1. In the event of violations of any of the terms above, an evaluation of the severity of the breach will be made by the program leaders, following which:
- 8.2. An attempt at remediation may be discussed with you, if this is unsuccessful, a formal warning will be issued.
- 8.3. If the breach is deemed to be serious, you will be asked to leave the program without compensation or reimbursement.

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